

Recipe adapted from [Celtnet Recipes](#).

## Dolma Mshakla

3 green bell peppers  
2 russet potatoes

### *Stuffing Option 1*

1/2 c rice  
1/2 c lemon juice  
2 tomatoes, chopped  
1 zucchini, chopped  
3/4 c mushrooms, chopped  
1 onion, chopped  
1/4 c cilantro, finely chopped  
3 T tomato sauce  
1 T garlic, minced  
1/2 c olive oil  
Salt and pepper to taste



### *Stuffing Option 2*

1/2 c rice  
1/4 c lemon juice  
1/2 lb. ground chicken  
2 T cilantro, finely chopped  
2 T tomato sauce  
1 T garlic, minced  
1/2 c olive oil  
Salt and pepper to taste

For the potatoes bake in microwave on baked potato setting, or in a conventional oven at 400F for 45 minutes. Once soft, cut off the tops and scoop out half of the insides.

For the green peppers, slice off the tops and remove the seeds.

Preheat the oven to 300F. For the stuffing, combine all of the ingredients into a bowl and mix together. Spoon desired filling into the vegetables and place upright in a Dutch oven or baking dish. The veggies should fit tightly together to prevent tipping. Replace the vegetable lids that were cut back onto the vegetables. Pour enough water to cover the bottom of the pan, about 1/4" deep. Cover the baking dish and place in the oven for one hour. Remove the dish after an hour and check the water level. If need necessary, add more water. Increase the oven to 350F and bake an additional 25 minutes. Serve immediately.

### *Bonus Meal:*

If you made both stuffing options combine the leftovers together and place in a casserole baking dish. Cover and bake at 350F for 45 minutes. Serve over flat bread or in tortillas.